



Thames Path Challenge

Saturday 12th – Sunday 13th September 2026

Follow England's most famous river on a stunning route from the heart of London to the picturesque town of Henley. The Thames Path Ultra Challenge is a flat, scenic, and fully supported endurance event ideal for walkers, joggers, and runners of all levels. Whether you're going solo or with a team, this riverside adventure is a perfect way to challenge yourself while enjoying iconic views.

Challenge Options

- Full Continuous Challenge – 100 km
- 2-Day Daylight Challenge – 100 km
- 1st Half Challenge – 50 km (Putney to Runnymede)
- 2nd Half Challenge – 50 km (Runnymede to Henley)
- 1st Quarter Challenge – 25 km (Putney to Hampton Court)
- 2nd Quarter Challenge – 25 km (Hampton Court to Runnymede)
- Henley Loop – 10 km

Route Highlights

- Historic bridges, riverside villages, and royal parks
- Flat terrain ideal for first-time challengers
- Fully signed route with GPS tracking
- Rest stops every ~12.5 km with food, drink, medical and massage teams
- Finish line celebration with medal, T-shirt, and glass of fizz

You can take part in The Thames Path Challenge 2026 in support of Dingley's Promise, whether you choose to self-fund your place or opt for a fundraising package that helps cover your entry fee with a fundraising target.

To sign up email fundraising@dingley.org.uk, and you'll receive a Dingley support kit, help setting up your JustGiving page, and encouragement and support on your fundraising journey.

Every step you take in this challenge builds brighter beginnings for children with SEND.